
❖ The Strawberry Vine ❖

Alice E. Souza,
Executive Director

December, 2004

Tel. 508-823-0095
www.dighton-ma.gov

SERVING ALL DIGHTON CITIZENS OVER 60 YEARS OF AGE

The purpose of the Council on Aging is to help and serve it's seniors. There is no membership. Everyone is invited to participate in all activities at the senior center. Come by and enjoy.

*Wishing you a very Merry Christmas
and a Happy and Healthy New Year
from the Council on Aging
and Prime Time!*

PRIME TIME CELEBRATES 10 YEARS WITH AN OPEN HOUSE

On December 17th, Prime Time will celebrate its 10th anniversary with an open house from 5:00 p.m. to 8:00 p.m. Refreshments will be served and well-known Humorist, Bernard Herman will entertain us with an evening filled with laughter during his presentation from 6:30 to 7:30 p.m. of "Humor For Successful Aging". You're guaranteed to leave laughing! Please join us as we celebrate all we have accomplished. Please RSVP by December 10th if you plan on joining us. We hope you will!

LAUGH IT UP

Speaking of humor..... Did you know that humorous situations usually stem from a mismatch between what you expect and what actually happens? The resulting laughter has a number of positive effects on your body. Here are just a few:

- ♦ Inner Jogging—Robust laughter gives your face, shoulders, diaphragm, and abdomen a good workout.

- ♦ Pain relief—It is believed that endorphins are released during a hearty laugh which may account for pain relief.
- ♦ Stress reduction—The ability to laugh during a stressful situation will help bring things back into focus.
- ♦ A positive outlook—Healthy humor has the ability to break the ice, build trust, and draw people into a common state of well-being. So do yourself a favor....laugh it up!

SHIFTING GEARS

"Shifting Gears" is a free, hour-long presentation offered by the Registry of Motor Vehicles which addresses the many issues facing elder drivers. This presentation will include information on the warning signs of unsafe driving, safety tips for drivers, suggestions for families dealing with unsafe drivers, and information on how to obtain disabled plates and placards. In addition to identifying the most dangerous driving maneuvers for elder drivers, the presentation helps drivers assess their abilities, raises the issue of surrendering one's license, and offers suggestions on how to ease the transition from driving to being a passenger. This presentation will be held on Monday, December 6, 2004 at 10:00 a.m. in the Lincoln Village Community Center. We are hoping to have at least twenty in attendance, so if you plan on joining us please call 508-823-0095 as soon as possible to register.

THE SPIRIT OF GIVING

It was an unseasonably hot day. Everybody was looking for some kind of relief, so an ice cream store was a natural place to stop. A little girl, clutching her money tightly, entered the store. Before she could say a word, the store clerk told her to get outside and read the sign on the door, and stay out until she put on some shoes. She left slowly, and a big man followed her out of the store. He watched as she stood in front of the store and read the sign: No Bare Feet. Tears started rolling down her cheeks as she turned and walked away. Just then the big man called to her as he took off his size 12 shoes and set them in front of the girl. "Here, you won't be able to walk in these, but if you sort of slide along, you can get your ice cream cone." As she put them on he said, "Take your time, It'll feel good to just sit here and eat my ice cream." The shining eyes of the little girl could not be missed as she shuffled up to the counter and ordered her ice cream cone. Kindness in giving brings joy to the giver and the receiver.

RECYCLE YOUR EYE GLASSES

The Lions Club will gladly accept your old eye glasses. They can be dropped off in the receptacle located in the Lincoln Village Community Center. Thank you.

DURABLE MEDICAL EQUIP

Before you go out and buy medical equipment, please check with the Council on Aging. We have wheelchairs, walkers, canes or commodes, that can be loaned out if you need them. Call 508-823-0095.

DO NOT CALL REGISTRY

Do you want to reduce telemarketing calls? It's not too late to sign up for the Massachusetts Do Not Call Registry. You can register in two ways: call toll free 1-866-231-2255 or register online at www.mass.gov/donotcall. It's that easy!

PRIME TIME CONTEST WINNER

The folks at Prime Time recently held a contest for poems about Prime Time and the winner was Hazel Chellel. Congratulations Hazel! Here is her winning entry:

"P" stands for peace, patience, and positive fun
"R" is the reason we joined with no pun
"T" is inspired with games, food we all share
"M" makes us happy when talking, we know that they care
"E" everybody here joins to exercise for health
"T" treats us gracefully to forget about wealth
"T" is intervention we receive from above
"M" many times we pray and rejoice in God's love
"E" everlasting memories from this wonderful place in our hearts will sustain some of "God's Grace"

FUEL ASSISTANCE

If you are in need of fuel assistance and would like to apply, appointments can be made by calling Citizens for Citizens at 508-823-6346.

BLOOD PRESSURE SCREENING

Blood pressure screenings will be held on Tuesday, December 14, 2004 at Lincoln Village. Please call 508-823-0095 for an appointment. The next blood sugar screening will be held in January.

“WELLNESS CLINIC”

A wellness clinic will be held on Tuesday, December 14th during our blood pressure screening. The scheduled topic to be addressed will be “Cholesterol and Heart Disease.” Feel free to drop by.

MASSAGE THERAPY

There will be no chair massages during the December 14th wellness clinic. However, Licensed Massage Therapist, Karen Tripp will be available from 9:00 a.m. to 10:00 a.m. at the January 18th wellness clinic. If you would like to try a “chair massage”, mini sessions will be offered for \$5.00 on a first come, first served basis.

SOJOURN BEAR PROJECT

The next Sojourn Bears class will be held on Monday, December 13, 2004 from 10:00 a.m. to 12:00 noon in the Lincoln Village Community Center. We need people to help sew these adorable teddy bears. If you’d like to be a part of this worthwhile project, please join us on the 13th.

LET’S GET PHYSICAL

Exercise Classes are held on Monday and Wednesday mornings at 9:00 a.m. in the Lincoln Village Community Center. Classes just \$2.00.

LINE DANCING

Line Dancing Classes are held on Thursday mornings at 10:00 a.m. in the Lincoln Village Community Center. Lessons only \$2.00. Come on out.

TAI CHI

Tai Chi classes are held every Friday at 9:00 a.m. in the Lincoln Village Community Center. Did you know that Tai Chi is a fun way to help you maintain

or regain your balance and posture? Why not think about adding Tai Chi to your regular weekly exercise program? Classes only \$3. It’s a fun way to exercise!


SILVER SCREEN CLASSICS


Don’t miss this month’s Silver Screen Classic! On Tuesday, December 7th, at 1:00 p.m., “Pennies From Heaven” starring Bing Crosby, will be the feature presentation. Admission cost is only \$1.00 and includes coffee, snacks, popcorn and soda. This movie will be shown at Showcase Cinemas 1 through 10, Route 114 in Seekonk, MA. Get there early!

ENERGY TIPS

- ♦ Avoid running water continuously while doing dishes, washing up, brushing teeth or shaving
- ♦ Avoid peeking in your oven as you cook.
- ♦ Keep fireplace dampers closed when not in use.
- ♦ Take showers instead of baths
- ♦ Turn off lights when not in use
- ♦ Clean or replace furnace filters
- ♦ Caulk very leaky windows
- ♦ Insulate hot water pipes and water heater
- ♦ Turn off your computer when left unused for long periods
- ♦ Wash and dry full loads of laundry
- ♦ Seal the largest air leaks in your house

December 2004



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Need transportation? Call Dial-A-Ride (508)823-8828	Delicious, nutritious meals at Prime Time. Please call 24 hours in advance for reservations.	1) Exercise @ 9:00 Pokeno, cribbage 1pm	2) Walking Club at Town Hall Line Dancing @ 10	3) Walking Club Tai Chi @ 9:00 Lincoln Village
6) Exercise @ 9:00 Whist "Shifting Gears" at 10:00 a.m.	7) Walking Club at Town Hall Silver Screen Classic	8) Exercise @ 9:00 Pokeno, cribbage 1pm	9) Walking Club Line Dancing @ 10 Christmas Lunch Venus deMilo	10) Walking Club Tai Chi @ 9:00 Lincoln Village
13) Exercise @ 9:00 Walking Club Sojourn Bears	14) Walking Club at Wellness Clinic Blood Pressure Clinic	15) Exercise @ 9:00 Pokeno, cribbage @ 1:00 pm at L.V.	16) Walking Club at Town Hall Line Dancing @ 10	17) Tai Chi @ 9:00 OPEN HOUSE AT PRIME TIME 5:00 to 8:00 p.m.
20) Exercise @ 9:00 Walking Club Whist	21) Walking Club Town Hall	22) Exercise @ 9:00 Pokeno, cribbage @ 1:00 pm at L.V.	23) Walking Club at Town Hall	24) Closed Merry Christmas
27) Walking Club At Town Hall	28) Walking Club at Town Hall	29) Pokeno, cribbage 1pm	30) Walking Club at Town Hall	31) Closed Happy New Year 

Many Services are available through your local Council on Aging Office. Below are just a few programs available: Mass Health Buy-In Program; Food Stamps; Project Bread's Food Source Hotline; Prescription Advantage Insurance Program; Nutrition Program; Vial of Life Program; RUOK Program; SHINE Program; Legal Assistance; Meals on Wheels; Health Checks and much more. If you have any questions at all concerning elder affairs please do not hesitate to call us at 508-823-0095. We are here to help!

NOTE: If Dighton schools are cancelled due to bad weather, programs will not be held at the Council on Aging or the Prime Time Adult Day Program. Listen for announcements on your local radio and television stations.

Mission Statement: It shall be the mission of the Dighton Council on Aging to promote, evaluate, and encourage new and existing activities and services which will enhance the quality of life of elders living in the Town of Dighton.

Dighton Council on Aging

Executive Director:
 Alice E. Souza
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 Harold Mendoza
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